

2012 FIRE FIGHTER TRAINEE RECRUITMENT PHYSICAL AGILITY TEST INSTRUCTIONS

PLEASE READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY! FAILURE TO DO SO MAY ELIMINATE YOUR APPLICATION FROM FURTHER CONSIDERATION.

Please be advised that no spectators will be allowed during practice dates and test dates.

Please report for testing at least 15 minutes prior to your scheduled time. If you do not attend the testing on your scheduled date and at the time, or if you arrive late, you will be ineligible to continue in the selection process. Testing dates will not be re-scheduled for any reason.

Practice Sessions are strongly encouraged. You may practice at any of the session times below. Please arrive 15 minutes early of the scheduled session time as the gates will close promptly at the beginning of each session:

Thursday, February 16, 2012

9:00 AM

1:30 PM

Friday, February 17, 2012

9:00 AM

1:00 PM



Please report to the Fire Department Training Center, 3065 Radar Road (see map below). You will **need to bring photo identification, wear athletic shoes and appropriate clothing (gloves may be used)** to complete the exercises. Please arrange to be at the Fire Department Training Center for approximately four (4) hours. The following describes the physical agility exercises and you are encouraged to review them thoroughly. Each station of the exercise is a timed event.

If you have any questions concerning the physical agility exercises or the location of the Training Center, please contact the Fire Training Division at (910) 433-1580 or Human Resources Development Department at (910) 433-1635.

**FAYETTEVILLE FIRE DEPARTMENT
PHYSICAL AGILITY TEST EXERCISES**

1. **AERIAL LADDER CLIMB**

The candidate must climb a fully extended aerial ladder that is set at a 60-degree angle and raised to a height of 75 feet, and then descend down to ground level. This exercise is designed to test the candidate's ability to climb ladders and work at various heights. It is also designed to assure that the candidate does not have acrophobic tendencies (fear of heights).

MAX TIME: 3 MINUTES

2. **HALF MILE RUN**

The candidate must complete a one-half mile run. This activity is designed to test the candidate's cardiovascular level.

MAX TIME: 6 MINUTES

3. **VICTIM RESCUE- DUMMY DRAG/CARRY**

The candidate must move a 150-pound rescue dummy a distance of 100 feet. This exercise is designed to test for strength and stamina which the firefighter uses when moving victims to a safe area.

MAX TIME: 1 MINUTE

4. **CHARGED HOSE PULL**

The candidate must extend a charged 1¾-inch hose line 100 feet. This exercise duplicates the activity of a firefighter placed at the nozzle position. This also tests upper and lower body strength.

MAX TIME: 45 SECONDS

5. **LADDER RACKING**

The candidate will remove a 14-foot ladder from a set of brackets, place the ladder flat on the ground and return it to the brackets. This exercise simulates removing ladders from the fire truck during emergency operations.

MAX TIME: 10 SECONDS

6. **LADDER RAISE**

The candidate must fully extend and lower the fly section of a 35-foot ladder. This exercise duplicates the actions that may be needed during emergency operations.

MAX TIME: 20 SECONDS

7. **FORCIBLE ENTRY/VENTILATION SIMULATOR**

The candidate must move a weighted sled 3 feet using a nine-pound sledgehammer. This exercise simulates the action needed to force entry into a structure or to cut a ventilation hole in the structure during an emergency situation.

MAX TIME: 1 MINUTE

8. **HOSE LOADING AND UNLOADING**

The candidate must move 10 sections of 2½-inch fire hose (one at a time) and place them on a platform, five sections of hose in each stack, and then replace them to their original position on the ground. This exercise duplicates loading hose on an apparatus for transport from the fire scene to the station.

MAX TIME: 45 SECONDS

9. **SCBA MASK EXERCISE**

The candidate must travel through a maze while wearing a blacked-out SCBA mask. This exercise simulates working under limited visibility and in confined spaces and tests for claustrophobia.

MAX TIME: 5 MINUTES

All exercises will be scored as Pass/Fail. If a candidate does not satisfactorily complete an exercise in the maximum allotted time, he/she will not be allowed to continue to the next activity.
